

Top 10 Low Fat Winter Recipes

from About: Low Fat Cooking

Chicken Casserole, Fish Chowder, Braised Chicken, Bean & Vegetable Stew, Beef & Black Bean Chili, Crockpot Pork & Sweet Potato Stew, Pasta & Bean Soup, Hearty Lentil Soup, Low Fat Game Day Chili, Lean Beef Stew

Chicken Casserole

Ingredients

- 4 skinless, boneless chicken breasts
- 1/4 cup flour
- Freshly ground black pepper
- 1 tbsp oregano/mixed Italian herbs
- 1 tbsp olive oil
- 1 medium yellow onion, finely chopped
- 1 stick celery, sliced
- 8 ounces baby carrots
- 8 ounces mushrooms, sliced
- 1 large potato, cut into 1-inch chunks
- 1 1/2 cups fat-free, low sodium chicken broth
- 1/2 cup white wine



Preparation: Preheat oven to 350 degrees.

Coat chicken breasts in a mix of flour, black pepper and Italian herbs. Heat oil on medium high in a large Dutch oven. Brown both sides of chicken breasts, then remove and set aside.

Add onion, celery, carrots, mushrooms and potatoes and 1-2 tablespoons of the chicken broth. Sauté vegetables until softened. Add remaining chicken broth and white wine. Bring to a boil, then reduce heat to a simmer. Return chicken breasts to Dutch oven. Cover with tight-fitting lid and move to preheated oven. Cook for 45 minutes.

Serves 4.

Per Serving: Calories 343, Calories from Fat 52, Total Fat 5.8g (sat 1g), Cholesterol 82mg, Sodium 177mg, Carbohydrate 34.5g, Fiber 5.2g, Protein 38.3g

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Low Fat Fish Chowder

Ingredients

- 2 tsp canola oil
- 1 large leek, cleaned, trimmed and sliced
- 4 medium red potatoes, skin on, quartered
- 1 cup sliced mushrooms
- 1 cup fat-free, low sodium chicken broth
- 1/2 cup nonfat milk
- 2 tsp herbs for fish blend
- 1 tsp freshly ground black pepper
- 20 ounces sole or flounder fillets, cut into pieces
- 1 cup broccoli florets
- 1/4 cup fresh parsley, chopped



Preparation: Heat oil in a Dutch oven and gently sauté leeks until softened. Add potatoes and mushrooms and sauté for 2-3 minutes.

Add chicken broth, milk, herbs and pepper. Partially cover and simmer for 10-12 minutes, until potatoes start become tender. Add fish, broccoli and parsley. Cook on low heat for 5 minutes, until fish begins to flake.

Serves 4-6

Per Serving: Calories 285, Calories from Fat 40, Total Fat 4.4g (sat 0.6g), cholesterol 70mg, Sodium 168mg, Carbohydrate 29, Fiber 4.7g, Protein 32.2g
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Braised Chicken

Ingredients:

- 2 tsp olive oil
- 4 5-ounce skinless, boneless chicken breasts
- 2 cloves garlic, minced
- 1 large leek, white part only, sliced



- 1 large celery stalk, chopped
- 2 medium carrots, chopped
- 1 cup trimmed green beans
- 1 cup sliced mushrooms
- 1 cup fat-free, reduced sodium chicken broth
- 1 1/2 cups red wine
- 1 tsp dried Italian herbs

Preparation: Heat oil on a medium heat in a large skillet or Dutch oven. Add chicken breasts and cook until browned, about 5 minutes each side. Remove chicken and transfer to a plate. Add garlic, leeks, celery, carrots, beans and mushrooms, and cook for 2-3 minutes, stirring constantly.

Pour in chicken broth and wine, and add herbs. Bring to a boil, then reduce heat. Return chicken to skillet or pot, cover and simmer for 30 minutes.

Serves 4.

Per Serving: Calories 247, Calories from Fat 38, Total Fat 4.2 (sat 0.8g), Cholesterol 82mg, Sodium 264mg, Carbohydrate

Bean and Vegetable Stew

Ingredients:

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 2 large carrots, chopped
- 2 celery stalks, sliced
- 2 small red potatoes, peeled and cubed
- 1 small yellow pepper, chopped
- 1 cup sliced cremini mushrooms
- 1 tsp cumin
- 1 tbsp chili powder
- 1 1/2 cups fat-free, low sodium chicken or vegetable broth



- 1 15-ounce can crushed tomatoes
- 1 15-ounce can reduced sodium black beans, rinsed and drained
- 1 15-ounce can white beans, rinsed and drained
- 1 zucchini, sliced

Preparation: In a large Dutch oven, heat oil over a medium heat. Cook onion, garlic, carrots, celery, potato cubes and yellow pepper until onion has softened, about 3-4 minutes. Stir in mushrooms, cumin and chili powder.

Add broth and tomatoes. Bring to a boil, then cover and simmer for 20 minutes. Stir in beans and sliced zucchini. Cook uncovered for 10 minutes.

Serve over rice or with some crusty whole grain bread for a filling supper.

Serves 6-8

Per Serving Calories 278, Calories from Fat 28, Total Fat 3g (sat 0.4g), Cholesterol 0mg, Sodium 289mg, Carbohydrate 49g, Fiber 12.6g, Protein 13.5g

Beef and Black Bean Chili

Ingredients:

- 2 tsp canola oil
- 1 medium yellow onion
- 1 large red pepper, deseeded and chopped
- 1 jalapeno chile pepper, deseeded and chopped
- 1 large carrot, chopped
- 2 tbsp chili powder
- 1 tbsp cumin
- 3/4 pound extra-lean ground beef
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can low sodium black beans, drained
- 2 cups frozen sweet corn



Preparation: Heat oil in a large Dutch oven on medium heat. Add onion, red pepper, jalapeno pepper and carrot. Saute for 5 minutes, until onion has softened. Sprinkle chili powder and cumin over the vegetables and stir for 1 minute.

Crumble in ground beef; cook on medium-high until no longer pink. Add canned tomatoes and black beans. Turn down heat and simmer for 15 minutes. Add sweet corn and cook for a further 5 minutes. Serve with a dollop of fat free sour cream or a light sprinkling (1-2 tbsp) of reduced fat Jack cheese.

Serves 6-8

Per Serving: Calories 279, Calories from Fat 53, Total Fat 5.7g (sat 1.8g), Cholesterol 35mg, Sodium 304mg, Carbohydrate 37mg, Fiber 9.3g, Protein 19.4g

Crockpot Pork and Sweet Potato Stew

Ingredients:

- 1 medium sweet potato, peeled and cut into chunks
- 1 large onion, chopped
- 2 stalks celery
- 1 large Granny Smith Apple, cut into chunks
- 1 large carrot, sliced
- 1 pound pork tenderloin, trimmed of fat, and cut into chunks
- 1/2 cup apple cider
- 3/4 cup fat-free, low-sodium chicken broth
- 1/2 tsp rosemary
- 1/2 tsp sage
- Freshly ground black pepper



Preparation: Spray the inside of a 3-4 quart slow cooker with nonstick cooking spray. Lay vegetables on the bottom of the crockpot, followed by pork. Pour apple cider and chicken broth over the pork and vegetables, and add herbs.

Cover and cook on low for 7-9 hours. To thicken the juices, make a cornstarch slurry from 1/4 cup cornstarch and a 1/4 cup water, and stir into the stew about half an hour before serving.

Serves 4.

Per Serving: Calories 321, Calories from Fat 41, Total Fat 4.6g (sat 1.4g), Cholesterol 72mg, Sodium 119mg, Carbohydrate 43.2g, Fiber 6.5g, Protein 26.8g

Pasta and Bean Soup

Ingredients:

- 4 cups fat-free, reduced sodium chicken or vegetable broth
- 1 cup chopped carrots
- 1 stick of celery, chopped
- 1 tsp dried oregano, or Italian herb blend
- 1 15-ounce can cannellini beans
- 1 14 1/2-ounce can chopped tomatoes, undrained
- 3/4 cup rotini
- 3 ounces (half a pack) fresh baby spinach
- Freshly ground black pepper to taste



Preparation: Heat broth, carrots and celery in a large Dutch oven. Sprinkle dried herbs, stir and simmer for 10 minutes.

Puree or mash 1/2 of the white beans in a small bowl. Add the mashed beans, the remaining beans and the chopped tomatoes to the broth and stir well.

Add pasta and simmer for 5 minutes. Stir in spinach and cook for 2-3 minutes more. Ladle into 6 bowls. Garnish with ground black pepper. Serve with warm crusty bread.

Per Serving: Calories 155, Calories from Fat 5, Total Fat 0.5g (sat 0.1g), Cholesterol 0mg, Sodium 418mg, Carbohydrate 29.3g, Fiber 5.6g, Protein 8.3g

Lean Beef Stew

Ingredients:

- 1 tbsp olive oil
- 3/4 pound lean stewing beef
- 1 large celery stalk, chopped
- 1 yellow onion, chopped
- 2 large carrots, chopped
- 2 medium potatoes, cut into chunks



- 1 14.5-ounce can fat-free, reduced sodium beef broth
- 1 14.5-ounce can crushed tomatoes
- 1 tbsp Worcestershire sauce
- 2 tbsp mixed dried herbs
- 1 cup butternut squash
- 1 cup rutabaga chunks
- 1 cup green beans
- 1 tbsp cornstarch dissolved in 1/4 cup water

Preparation: In a large Dutch oven, heat oil on medium-high. Brown the beef, stirring occasionally. Transfer browned beef to a plate. Add celery, onion and carrots to Dutch oven and cook until onion is softened.

Return beef to the pot. Stir in broth and tomatoes, Worcestershire sauce and herbs. Bring to a boil, then reduce heat, cover and simmer for an hour and a half.

Add potatoes and rutabaga. Simmer gently for 20 minutes; add squash and green beans and simmer for 15 minutes more. Thicken the sauce if you wish by using a tablespoon of cornstarch dissolved in 1/4 cup of water. If so, cook stew for a further 3-5 minutes.

Serves 4-6

Per Serving: Calories 321, Calories from Fat 67, Total Fat 7.5g (sat 1.6g), Cholesterol 45mg, Sodium 398mg, Carbohydrate 38.5g, Fiber 9.6g, Protein 24.9g

Hearty Lentil Soup

Ingredients:

- 2 tsp olive oil
- 1 cup onion
- 1 cup diced carrots
- 3/4 cup chopped celery
- 1 tbsp curry powder
- 1 cup green/brown lentils, rinsed and sorted through
- 1 15 ounce can crushed tomatoes
- 3 cups fat-free, low sodium vegetable broth



Preparation: Heat oil on medium heat in a Dutch oven. Gently sauté onions, celery and carrots until softened. Add curry powder and stir into vegetables. Add lentils, tomatoes and vegetable broth. Bring to a boil, then reduce heat and simmer for 25 minutes.

Serves 6

Per Serving: Calories 191, Calories from Fat 27, Total Fat 3.1g (sat 0.4g), Cholesterol 0mg, Sodium 149mg, Carbohydrate 29.5g, Fiber 12.8g, Protein 11.4g

Low Fat Game Day Chili

Ingredients:

- 2 tsp canola oil
- 2 garlic cloves, crushed
- 1 cup chopped onion
- 1 stick celery, chopped
- 1 red bell pepper, chopped
- 1 pound extra-lean ground beef
- 1 28-ounce can diced tomatoes (with jalapenos, if available)
- 2 tbsp tomato paste
- 1 15-ounce can dark red kidney beans, drained
- 1 15-ounce can pinto beans, drained
- 2-3 tbsp chili powder, or to taste
- 1 tbsp ground cumin



Preparation: Heat oil in a large Dutch oven. Add garlic, onion, celery and pepper, and sauté gently for 2-3 minutes. Add ground beef and cook until meat is browned, about 5 minutes. Add tomatoes, tomato paste, beans, chili powder and cumin.

Stir well. Simmer for 25-30 minutes, stirring occasionally.

Serves 8-10.

Per Serving: Calories 244, Calories from Fat 46, Total Fat 5.1g (sat 1.7g), Cholesterol 35mg, Sodium 536mg, Carbohydrate 29.4g, Fiber 9.5g, 20g